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Bangalore Mirror

TEMP Max 27 | Min 21 | Humidity 68% Heavy rain in some areas Sensex 76,200 | Nifty 23,824 | Gold 1,46,502 | Silver 2,26,879 | Dollar 94.70 | Euro 107.84 | GBP 125.02

GRAB A BITE

City's fast-paced lifestyle with long commutes, back-to-back meetings and hurried meal breaks may be contributing to weight issues

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PENSION TENSION

State govt halts pensions for over 18.45 lakh beneficiaries suspected of using fake documents or violating eligibility norms

PAGE 6

NCRB data reveals Bengaluru has recorded highest number of cases of violence and crimes against women among major Indian cities; has city's infrastructure failed to evolve in sync with needs of modern life?

WHERE THE MIND IS WITH FEAR...

180 sexual harassment cases also put city on top of blacklist

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KAUSHIK JN

Bengaluru, often dubbed as India's technology and start-up capital, faces an alarming reality on women's safety. Latest data released by the National Crime Records Bureau-2024 shows that the city recorded the highest number of cases among major Indian cities involving assault or criminal force against women with intent to outrage modesty, raising serious concerns about safety in public spaces.

Bengaluru reported 897 cases under Section 74 of the Bharatiya Nyaya Sanhita (previously Section 354 IPC), translating into a crime rate of 22.1. This is significantly higher than cities such as Delhi, Mumbai, Chennai and Hyderabad. While Mumbai reported 857 cases and Delhi recorded 755 cases, Bengaluru overtook both metropolitan cities in the total number of offences. More alarmingly, Bengaluru's crime rate is more than double that of Delhi's 10.0 and Mumbai's 10.1. Only Jaipur reported a higher crime rate at 43.4, though Bengaluru recorded a substantially larger volume of cases in absolute numbers.

The data also highlights Bengaluru's worrying numbers in sexual harassment cases under Section 75 BNS (previously Section 354A IPC). The city recorded 180 cases, placing it among the highest reporting urban centres in the country. While Kochi recorded the highest rate at 12.0 and Indore at 7.1, Bengaluru's figures remain among the highest in terms of total reported incidents.

Nationally, 19 major cities together reported 4,671 cases related to assault or criminal force against women with intent to outrage modesty, with an average crime rate of 8.6. Bengaluru alone accounted for nearly one-fifth of the total cases among these cities. Similarly, out of 1,885 sexual harassment cases recorded across major Indian cities, Bengaluru contributed 180 cases, underlining the scale of the problem in one of India's leading technology and employment hubs.

Experts say the numbers reflect both increased reporting and persistent urban safety failures. "Bengaluru's high numbers cannot be dismissed merely as better reporting. The data points towards deeper structural issues involving unsafe public spaces, inadequate surveillance in several stretches, weak last-mile transport safety and growing vulnerability of women in rapidly expanding urban zones," said Nirupama Kumar, an advocate.

CONTINUED ON PAGE 8 >>

Can this plan be axed?

Environmentalists urge authorities to stop proposal to remove 3,699 trees for metro project that is just in planning stage and public consultations are yet to begin

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The Bangalore Metro Rail Corporation Limited (BMRCL) has approached the Greater Bengaluru Authority (GBA) seeking permission to fell 3,699 trees for the Orange Line under Phase-3 of Namma Metro, a proposed 12.5-km elevated corridor along Magadi Road.

Of the total trees identified for removal, 3,627 are within the jurisdiction of the GBA. These trees are located along the stretch between the proposed Hosahalli and Kadabagere Metro stations.

According to BMRCL's application, the trees need to be pruned, transplanted, or removed to facilitate the construction of elevated metro structures, including nine elevated stations, portal piers, service roads, loops, ramps, station areas, and other allied infrastructure works.

The proposed stations on the corridor are Hosahalli, KHB Colony, Kamakshipalya, Sumanahalli Cross, Sunkadakatte, Herohalli, Byadarahalli, Kamath Layout, and Kadabagere. The project also involves road widening, utility shifting, and related civil works.

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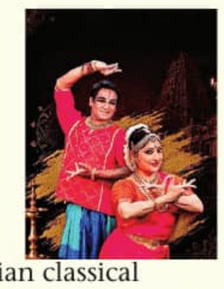
THINGS TO DO

01 Divine dance



The Academy of Music (Regd), Chowdiah Memorial Hall, Vyalikaval, is set to present 'Nrutya Rangoli 2026', a prestigious three-day national dance extravaganza celebrating the richness and diversity of Indian classical dance traditions. **Where: Chowdiah Memorial Hall; When: July 10 to 12**

02 Step up

Natanam Institute of Dance presents 'Nruthya Sammilana', a grand Bharatanatyam recital featuring Maanasa Ranga and Divya Vijayalakshmi Dharmarajan, disciples of renowned Bharatanatyam exponent Vidushi Dr Raksha Karthik. **Where: Medai – The Stage, Shanthala Nagar; When: June 28, 10 am**

03 Shopping spree

Flo Sante 2026 offers a one-day curated shopping experience bringing together a wide range of women-led brands across fashion, jewellery, home décor, lifestyle, food and more. **Where: Princess Shrine; When: July 3, 10 am**

04 Melodious awakening

Acclaimed sarangi artist Sarfaraaz Khan will be performing for an intimate recital featuring a morning raga, bringing a morning where melody, atmosphere and the rhythms of the day unite in a contemplative musical journey. **Where: Lumbini, Jagriti Theatre; When: June 28, 7.30 am**

05 Tales of the town

Storyteller Vikram Sridhar will be hosting a walk through the lanes of Indiranagar, exploring the area's folklore, heritage and ecology, weaving together historical, mythical and personal narratives that bring the neighbourhood to life. **Where: Atta Galatta, Indiranagar; When: June 27, 7 am**

Don't be too quick while grabbing that daily bite

Study finds link between pace of eating and obesity, with results noting that individuals who eat quickly are significantly more likely to have higher BMI scores and abdominal fat

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Bengaluru's fast-paced lifestyle, defined by long commutes, back-to-back meetings and hurried meal breaks, may be contributing to a growing health challenge. A study published in the peer-reviewed journal Scientific Reports by researchers from Gujarat has found a strong association between fast eating habits and higher body weight, larger waist circumference and increased body fat levels, highlighting a behavioural factor that could be relevant for urban populations across India.

The study, titled 'Associations between Eating Speed, Body Composition and Physical Activity Among Adults in Gujarat, India', examined how eating behaviour influences obesity-related indicators. Researchers found that individuals who ate quickly were significantly more likely to have higher Body Mass Index (BMI) scores, greater abdominal fat accumulation and unfavourable body composition compared to those who consumed meals at a slower pace.

Urban reality

While the research was conducted among adults in Gujarat, its findings resonate with Bengaluru's urban lifestyle, where many professionals spend hours commuting and often rush through breakfast, lunch or dinner due to work commitments. Meals consumed at office desks, during virtual meetings or between appointments have become increasingly common in the city. According to the researchers, eating speed emerged as an important factor associated with obesity-related measures, even after accounting for physical activity levels. The findings suggest that regular exercise alone may not completely offset the impact of consistently fast eating habits.

Many professionals spend hours commuting and end up rushing through meals due to work commitments

Health concerns

The study comes amid growing concerns about obesity and lifestyle diseases in urban India. Bengaluru, home to one of the country's largest concentrations of technology professionals, has witnessed increasing cases of diabetes, hypertension and cardiovascular disorders, conditions often linked to sedentary work patterns and unhealthy lifestyle choices. Researchers observed that fast eaters may consume more calories before the brain receives signals indicating fullness, increasing the likelihood of overeating. Larger waist circumference and higher body fat percentages, both identified among rapid eaters in the study, are considered key indicators of metabolic health risks.

Dr K Krishnamurthy, Consultant Internal Medicine, said the findings mirror trends increasingly seen among young urban professionals. "We are seeing more cases of obesity, prediabetes and metabolic disorders among people in their 20s and 30s. Many assume that going to the gym is enough, but eating behaviour is equally important. When people eat too quickly, the body's satiety signals do not get enough time to reach the brain, often leading to excess calorie intake. This study reinforces what clinicians have observed for years," he said.

Many assume that going to gym is enough, but study reinforces clinicians' long-held observation that eating behaviour, such as eating too quickly, which delays satiety signals and often leads to excess calorie intake, is equally important, says doctor

Using bioelectrical impedance analysis, researchers assessed the body composition of 465 adults and found that 44.3 per cent were fast eaters, 44.7 per cent moderate eaters and 10.9 per cent slow eaters. Most participants completed meals within 10–15 minutes, while frequent consumption of fried and junk foods was also common, indicating that unhealthy eating habits and rapid eating behaviours may together contribute to poorer body composition and a higher risk of obesity.

IN COURT

Relief denied in case over claims involving Nandini dairy products

The Karnataka High Court has refused to grant interim relief to a Bengaluru-based dermatologist who is facing criminal proceedings over social media reels in which she allegedly made claims about the safety of certain Nandini dairy products. Justice M Nagaprasanna declined to stay the investigation against Dr Sharanya Padma and permitted the police to continue with the probe while issuing notice to the state government and the Karnataka Milk Federation (KMF), which lodged the complaint. Dr Padma had approached the High Court seeking to quash an FIR registered by the Malleswaram police. The court expressed concern over unverified claims relating to food products being circulated on social media platforms. It noted that allegations regarding the safety or quality of food products should be backed by scientific material.

After hearing the parties, the High Court declined to stay the proceedings and allowed the investigation to continue. **— BMB**

Long-running dispute over Lord Hanuman's birthplace still unresolved

The Supreme Court on Tuesday declined to urgently intervene in the long-running dispute over the birthplace of Lord Hanuman, observing that the Karnataka High Court should be allowed to deal with the matter under its own procedures. The issue was mentioned before a bench comprising Justice BV Nagarathna and Justice Joymalya Bagchi. Counsel appearing in the case sought immediate relief, contending that the Karnataka High Court had listed the matter for further hearing despite having already reserved its judgment and later pronounced it in open court. The petitioner's counsel submitted that once a judgment has been pronounced and signed, a court generally becomes functus officio—a legal principle that limits the court's authority to revisit the matter.

Justice Nagarathna observed that the High Court should be permitted to address the matter itself. The bench consequently declined to entertain the oral request. The dispute traces its origins to 2021, when rival religious bodies advanced competing claims regarding the birthplace of Lord Hanuman. The case remains pending before the Karnataka High Court, which is scheduled to take up the matter again as part of the post-judgment proceedings. **— BMB**

Contempt petition dismissed over absence of Advocate General's consent

The Karnataka High Court has reiterated that a criminal contempt petition filed by a private individual without obtaining the prior written consent of the Advocate General cannot be entertained under Section 15(1)(b) of the Contempt of Courts Act, 1971. The court held that any notice issued to alleged contemnors in such proceedings, without adherence to the statutory requirements, would be legally unsustainable.

A division bench comprising Justices Anu Sivaraman and Venkatesh Naik T made the observations while considering an application seeking recall of an earlier order through which objections raised by the Registry had been overruled and notices had been issued in a criminal contempt matter.

The bench noted that the Registry's objections were justified and that the mandatory legal requirements had not been complied with.

Consequently, the court allowed the interlocutory application filed by the accused and recalled the order dated February 24, 2026. It directed the Registry to treat the contempt petition as information under Rule 7 of the High Court of Karnataka (Contempt of Court Proceedings) Rules, 1981, and place it before the Chief Justice for appropriate administrative orders. **— BMB**

BM WoW Wednesday
Your Chance to WIN today
The best answers stand to win couple passes to concerts by Vasuki Vaibhav at Akashotsav, AGI Campus, Devanahalli on June 27 and Nakash Aziz on June 28. Winners will have to collect the passes from our office. Address: 4th Floor, Sanjana Plaza, 74/2, Elephant Rock Rd, Jaya Nagar 1st Block, Jayanagar 3rd Block.
Q: 1
Which film did Vasuki Vaibhav make his debut as a music composer with?
Q:2
What type of local Bengaluru issues would you like us to cover more often?
Scan this code, answer and win
(* Terms and Conditions apply)

8 held for illegal liquor sales

Officers from Subramanyanagar Police Station have arrested eight people for engaging in illegal liquor sales and gambling. According to police, they received a tip-off on June 22 about a few individuals involved in gambling inside a house located at 12th Cross, Kethamaranahalli. The teams seized Rs 62,520 cash, 18.91 litres of liquor of various brands amounting to a total of Rs 66,410, along with 52 playing cards from their possession. Further investigation is underway. **–BMB**

Woman saved from suicide

A 23-year-old woman was identified by a citizen near the BBMP Park at Hosapalya during an alleged attempt to commit suicide. The citizen immediately contacted the Namma 112 helpline, following which the Hoysala 217 from Bandepalya Police Station arrived within four minutes. The police found the woman, verified her identity and learned that she had consumed cockroach repellent spray. They then arranged for medical assistance and shifted her to a nearby hospital for emergency treatment. As per reports, the woman was later reunited with her husband. **–BMB**

Distressed man rescued by cops

A member of the public noticed an exhausted man sitting by the roadside at Jnanabharathi University. The citizen reached Namma 112 and Hoysala 58 from Byatarayanapura Police Station reached the spot. The police officers learned that the man had lost his father a few months ago, following which he had not been eating properly and had found his mental condition deteriorating. The police arranged food and water for him. With the assistance of Hoysala 65, the man was reunited with his mother. **–BMB**

Family feud over relationship disapproval turns fatal

A 55-year-old man, his wife and their teenage daughter were found brutally stabbed to death in an apartment in Seegenahalli, KR Puram, on Monday night. The deceased have been identified as Somasundar, Muthulaxmi (48) and Supriya (19).

According to the preliminary investigation, police suspect that the elder daughter, identified as Shwetha, and her boyfriend, Kenneth, with whom she was in a live-in relationship, are behind the murders.

Police said the suspects, Kenneth and Shwetha, visited the family when only her mother was present at the house on June 23. Officials suspect that the mother was the first to be killed with a machete-like weapon following a heated argument. The couple allegedly cleaned the bloodstains and, shortly after, when her father and sister returned home, the couple attacked them as well.

A senior police officer from Whitefield said that police teams are working on tracing the accused. A case has been registered and further details are awaited.

–BMB

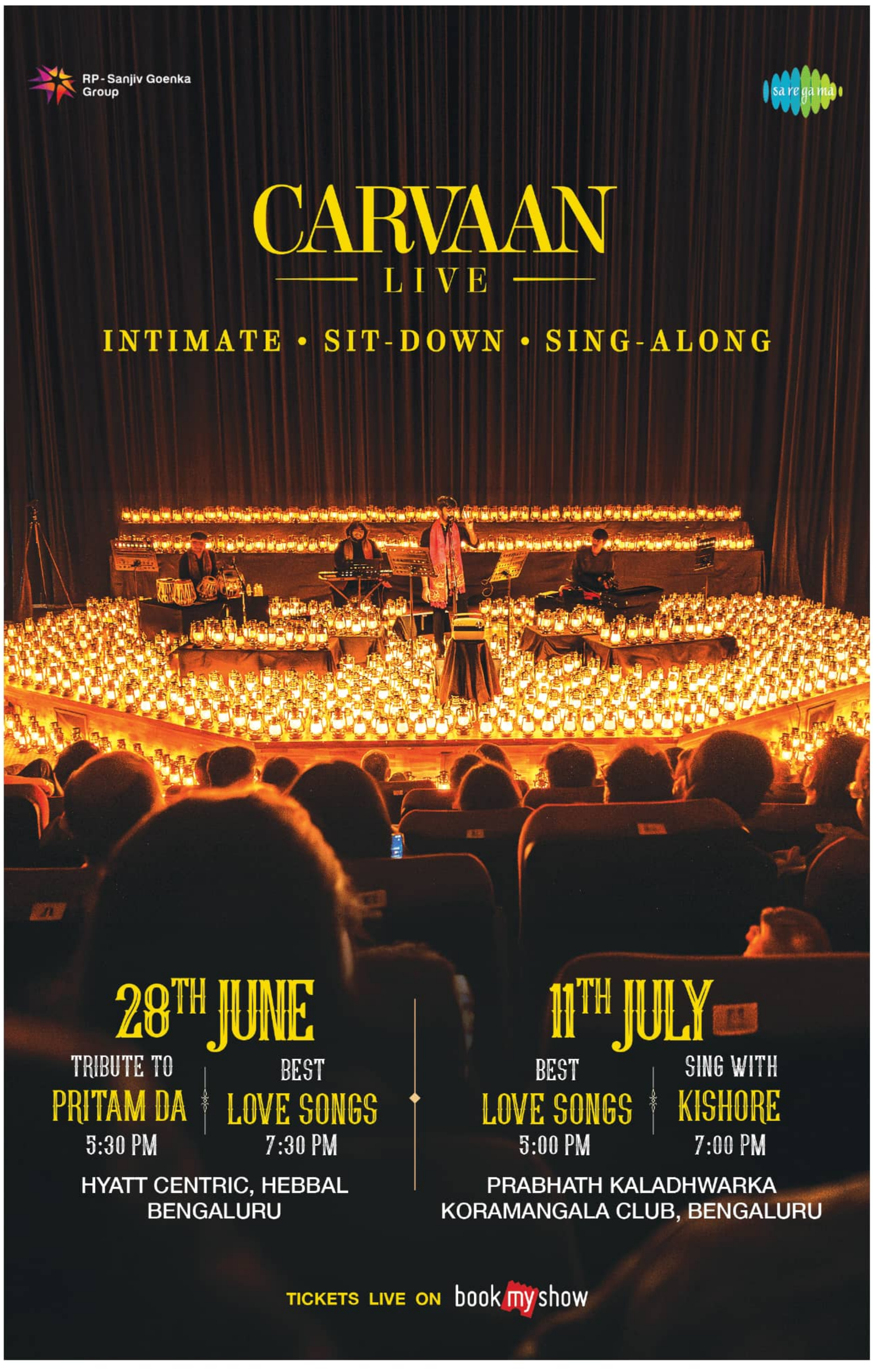
Man killed by student duo over dispute

A 37-year-old paying guest accommodation owner died after allegedly being attacked with a bat during a confrontation with two college students in Kasturi Nagar on Monday evening. The deceased, identified as Madhav Matle, was involved in an altercation outside his PG in Kasturinagar Main Road around 6.30 pm after he objected to the duo washing their feet using tap water inside the premises. The owner initially attempted to strike them with a bat, but it was allegedly wrested away and used to assault him, resulting in fatal injuries. A murder case has been registered at Ramamurthy Nagar Police Station and both accused—Rakesh, a final-year BCom student, and Don Brite Son, a first-year BBA student—have been arrested. Further investigation is underway. **–BMB**

366 rowdy sheeters verified

Officers of the East Division, hailing from 14 police stations in the zone, conducted a special operation to verify rowdy sheeters, with senior officers involved. According to the police report, 366 rowdy sheeters were verified and information regarding their present activities and occupations was noted by the police.

Furthermore, police teams verified whether the rowdy sheeters were attending court proceedings for cases previously lodged against them and checked for individuals absconding in the same. The rowdy sheeters were issued warnings against involving themselves in criminal offences or unlawful activities. **–BMB**



On the rolls: Helpline will show way through SIR maze

Volunteer network steps in as confusion surrounds electoral verification exercise, helping citizens trace decades-old records and navigate documentation requirements amid growing anxiety

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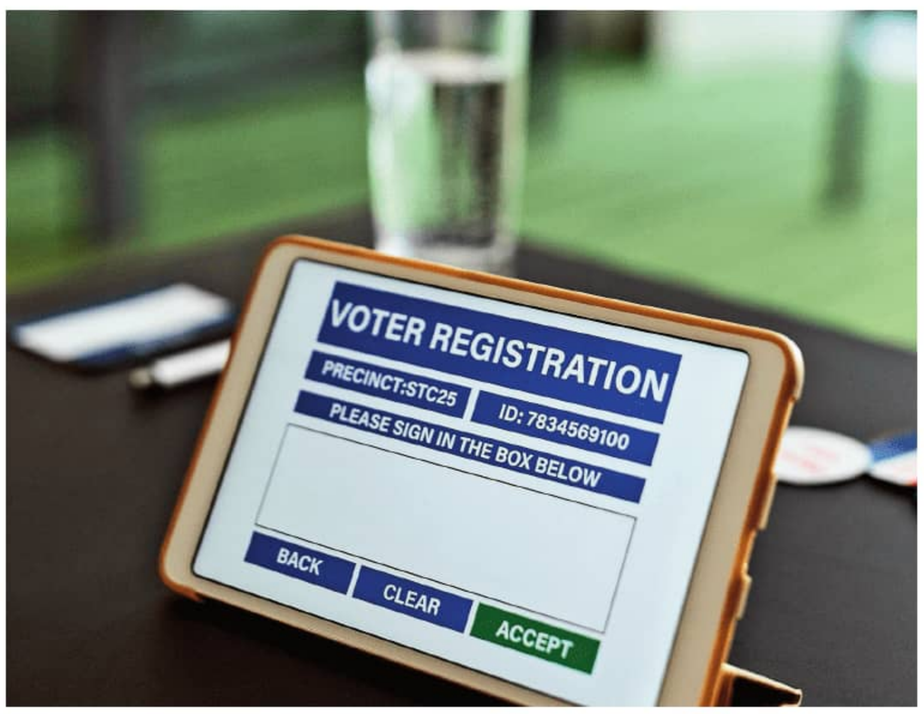

Nearly 200 daily enquiries, including overseas applicants, flood newly launched helpline that cross-checks family details to stop disenfranchisement of eligible voters

As citizens across Karnataka navigate the ongoing Special Intensive Revision (SIR) of electoral rolls, civic group Active Bengaluru has launched a dedicated helpline to assist voters in locating their names in the 2002 electoral roll, a key document being used as supporting evidence during the verification process.

The initiative aims to support voters who are struggling to establish their electoral history, particularly those whose names may have been entered differently or incorrectly in older records. The group has created an online request form through which citizens can seek assistance in tracing their names, or those of their relatives, in the 2002 electoral rolls.

The 2002 voter list has gained significance because electoral records predating 2003 are being considered important supporting documents for voter verification under the ongoing SIR exercise. For many voters, locating their names in these older records can help establish continuity in electoral registration.

According to members of Active Bengaluru, the process is often complicated because names recorded in older voter lists are frequently distorted, misspelt or difficult to recognise. To address this challenge, the volunteer-driven initiative manually verifies records and helps citizens identify the correct entries.

"While the SIR process is estimated to result in a deletion rate of around 12 per cent, many people are finding it difficult to trace their names in older voter rolls. Many Muslims are unaware of the process, and women in particular are seeking assistance. In several cases, the names are completely distorted and unrecognisable.

"Through this helpline, we note down the voter's details, collect their oldest voter ID and cross-check records available with the Election Commission. If we are unable to find the person's name, we seek details of relatives such as parents or grandparents and try to map the family records. Once traced, we can identify the polling booth and other relevant details," said Asim Khan, a member of the Active Bengaluru Foundation. The organisation said it is receiving nearly 200 calls every day from people seeking assistance, including enquiries from Non-Resident Indians (NRIs). Each case requires volunteers to interact directly with voters and verify records before providing guidance.

The helpline collects information such as the voter's full name, WhatsApp number, current voter ID details and, where necessary, information about relatives who may have appeared in the 2002 voter list. Applicants may also be asked to provide details of the district, Assembly constituency and family members whose records could help establish a connection.

"There is considerable confusion surrounding the SIR process. We are receiving a large number of requests and queries from people. We started the helpline only three days ago, and the number of people reaching out has been overwhelming.

"While it is not possible to address everyone's queries immediately, we ask them to give us a day's time and then call them back with the information they need," said Khan. Once the details are traced, voters can either approach their Booth Level Officer (BLO) with the information or present the records when BLOs visit for verification, making the process smoother and helping to ensure that eligible voters remain on the electoral rolls.

Meanwhile, many citizens alleged that the Congress government has failed to adequately reach women, Muslims and other minority groups who voted for it, claiming there has been insufficient awareness about the SIR process and that many people fear their names could be deleted from the electoral rolls.

Active Bengaluru WhatsApp helpline
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58 more ways to bore through Harohalli

Harohalli industries secure approval for dozens of new borewells despite groundwater overexploitation concerns, with regulators permitting substantial daily extraction across eight years

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Over the last eight years, the Karnataka Groundwater Authority (KGWA) has permitted industries in the Harohalli Industrial Area to extract slightly more than 1,200 kilolitres of groundwater per day (KLD). Between 2018–19 and 2025–26, as many as 58 industries received approval to drill new borewells, while 55 industries were granted renewals to continue drawing groundwater from 75 existing borewells. The total permitted groundwater withdrawal from these wells stands at 1,221.5 KLD.

Experts note that approval for new borewells is granted only after industries demonstrate compliance with conditions such as installing artificial groundwater recharge structures and rainwater harvesting systems. Under the Karnataka Groundwater (Regulation and Control of Development and Management) Act, 2011, industries in the state must obtain No Objection Certificates (NOCs) from the KGWA before drilling new borewells.

"Although it is a notified area due to the overexploitation of groundwater, Harohalli is not water-stressed. Therefore, granting permission for 58 new borewells over eight years cannot be considered excessive. Moreover, the Karnataka Groundwater Act mandates that industries drawing groundwater provide artificial recharge structures to remain water-neutral. If the rules are being implemented effectively, the number of new borewells is not alarming," said a city-based groundwater expert.

As per the Act, any groundwater user wishing to drill or dig a well in a notified area must apply to the KGWA for a permit and shall not proceed with any activity connected with such drilling or digging unless permission has been granted.

The Authority may grant permission to sink borewells for the extraction and use of groundwater, subject to conditions and restrictions, including the mandatory construction of appropriately sized artificial recharge structures by the applicant.

However, experts point out that monitoring and enforcement of these requirements remain the weak link in the regulatory framework.

"Many industries in the Peenya Industrial Area have, in the past, been served notices for failing to comply with groundwater recharge regulations. This suggests that permissions to sink borewells were granted without adequate due diligence. Implementation of the provisions of the Karnataka Groundwater Act by the KGWA has fallen far short of being effective," said V. Ramprasad, founder of Friends of Lakes.

Under the Act, the KGWA is also expected to undertake mass awareness and training programmes on rainwater harvesting and artificial groundwater recharge through various government and non-government organisations and institutions.

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Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Missing gate
Rajajinagar

The children's park at the junction of 25th Cross and Main Road in Rajajinagar 2nd Block lacks a gate even after its inauguration, raising concerns about misuse and vandalism. Authorities must install a gate urgently.

No way out
Paramahansa Yogananda Road

On Paramahansa Yogananda Road in Bengaluru, the footpaths are unusable and require immediate repairs to ensure safe pedestrian movement.

Perilous spot
Kathriguppe Main Road

At the entrance to ITI Layout on Kathriguppe Main Road in Vidyapeetha Ward, a partially uprooted tree is at a risk of falling. The area also suffers from garbage accumulation and haphazard parking. Residents have requested the construction of a footpath and the development of greenery to prevent dumping and encroachments.

Wednesday Pizza Craze Grows in Bengaluru

Pizza has become one of the most preferred weekday comfort foods for Bengalureans, with growing demand from office-goers, students and families looking for a quick and satisfying meal after a long day. Industry players say that while pizza sales remain strong throughout the week, Wednesdays often witness a noticeable spike thanks to attractive midweek offers and discounts.

Food delivery platforms and restaurant operators report that Bengaluru's fast-paced lifestyle has significantly contributed to pizza's popularity. The city, known for its thriving IT sector and young workforce, has embraced pizza as a convenient dining option that fits seamlessly into busy schedules.

"Weekdays are hectic for most people in Bengaluru. Many professionals do not want to spend time cooking after work, and pizza offers a quick, shareable and reliable meal option," said Kiran Kaushik, a food industry analyst based in Bengaluru. "It appeals to individuals, groups of friends and families alike." Several pizza chains have also observed increased orders during the middle of the week.

According to restaurant operators, Wednesday promotions have become an effective way to attract customers who might otherwise wait until the weekend to indulge.

"Wednesday has emerged as a key business day for us," said Vydehi Krishna, a college student. "Many regular customers specifically plan their pizza orders around these discounts." Residents say the appeal goes beyond affordability. For many, pizza has become a small weekday reward. "For me, pizza is the perfect break in the middle of a demanding work week," said techie Karthik Srinivas. "When a Wednesday offer is available, it feels like a bonus. It lifts the mood and gives everyone something to look forward to."

The trend is also being driven by Bengaluru's strong food delivery ecosystem. With quick delivery options available across most parts of the city, consumers can access a wide variety of pizzas without leaving their homes or offices.

Restaurant owners believe that the combination of convenience, affordability and variety is helping sustain demand throughout the week. "People are increasingly treating themselves during weekdays rather than waiting for special occasions," said a restaurateur.

PIZZA BITES

- The word "pizza" is believed to have originated from ancient Italian dialects, though language experts still debate its exact roots. Some theories link it to words meaning "bite," "piece," or "flatbread".
- Modern pizza traces its origins to Naples, Italy, where working-class communities created affordable meals using flatbread topped with simple ingredients.
- Before pizza became famous worldwide, it was largely considered a local street food enjoyed by ordinary people in southern Italy.
- The iconic Margherita pizza is said to have been created in honour of Queen Margherita of Savoy. Its toppings; tomato, mozzarella and basil; resemble the colours of the Italian flag.
- Tomatoes were not always a pizza ingredient. When tomatoes first arrived in Europe from the Americas, many people believed they were unsafe to eat.
- Early versions of pizza looked very different from today's heavily topped varieties and often featured just a few ingredients.
- Naples remains so closely associated with pizza that traditional Neapolitan pizza-making is recognised by UNESCO as part of humanity's cultural heritage.
- Italian immigrants helped introduce pizza to other parts of the world, particularly North America, where it evolved into many regional styles.
- The popularity of pizza exploded globally after the Second World War as international travel and cultural exchange increased.

K'taka suspends pensions of 18.45 lakh beneficiaries

State verification flags irregular claims; temporary freeze follows cross-checks using e-governance data that officials say plugged significant losses to exchequer

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In a major clean up exercise aimed at plugging leakages in welfare spending, the State Government has temporarily suspended pensions for more than 18.45 lakh beneficiaries suspected of receiving benefits through fake documents or by violating eligibility norms.

The move comes as part of wider scrutiny of welfare schemes, even as the government prepares to re verify beneficiaries under its flagship guarantee programmes. Officials say the exercise helped identify thousands of questionable pension claims, preventing significant losses to the state exchequer.

Karnataka currently has around 83 lakh pension beneficiaries under various social security schemes, with the government spending nearly Rs 840 crore every month towards pension payments. Concerns had been growing over fraudulent claims depriving genuine beneficiaries of their rightful support.

Under old age pension schemes, only senior citizens aged 60 years and above belonging to Below Poverty Line families are eligible. Beneficiaries must have an annual income below Rs 32,000 and should not be receiving any other pension, including widow pension, disability pension or benefits from public or private sources.

The verification process revealed several irregularities. Officials found cases where individuals aged between 45 and 50 years were allegedly drawing old age pensions. Income tax payers, persons not residing at their recorded addresses, and applicants who submitted fake disability certificates were also found among the beneficiaries receiving government assistance.

Concerns have been raised over fraudulent claims as Karnataka currently has around 83 lakh pension beneficiaries under various social security schemes, with the government spending nearly Rs 840 crore every month towards pension payments

An official said, "To ensure that no eligible person was left out while identifying irregularities, the Directorate of Social Security and Pensions cross checked pension records with socio economic data available through the e Governance Department's Family Database. The initial comparison flagged nearly 23.13 lakh beneficiaries who appeared not to meet eligibility criteria." A special mobile application named Sanyojane was then developed to facilitate field verification. By June 20, officials had physically verified records of 20.64 lakh beneficiaries. Village Administrative Officers carried out the exercise across the state.

During the verification drive, authorities discovered that a large number of beneficiaries were not residing in their registered villages, while many failed to produce valid income certificates or supporting documents when asked.

Among the schemes under scrutiny is the Sandhya Suraksha Yojana, which provides monthly assistance of Rs 1,200 to economically vulnerable senior citizens aged 60 years and above, including small and marginal farmers, agricultural labourers, weavers, fishermen and workers in the unorganised sector.

Revenue Department officials estimate that the pension freeze involving different schemes, with monthly benefits ranging from Rs 800 to Rs 1,200, has temporarily halted payouts worth nearly Rs 180 crore. The government says these funds can now be redirected towards genuinely eligible applicants, while fresh applications continue to pour in every day.

Officials clarified that the suspension is only temporary. Beneficiaries whose pensions have been stopped will be given another opportunity to establish their eligibility by submitting income certificates, Aadhaar copies and sanction documents before the respective tahsildars. According to the Directorate of Social Security and Pensions, district authorities have been instructed to complete the verification process within two weeks. Eligible beneficiaries will have their pensions restored, while ineligible claimants will be permanently removed from the schemes.

Pensioner's snapshot

Total pension beneficiaries:
83 lakh
Monthly pension expenditure:
Rs.840 crore
Suspected beneficiaries flagged:
23.13 lakh
Physical verification completed:
20.64 lakh
Pensions temporarily suspended:
18,45,805
Beneficiaries not found at registered addresses:
Over 2.53 lakh
Beneficiaries who failed to provide valid documents:
15.43 lakh

Metro snag at Cubbon Park strands commuters

Hundreds of Metro commuters faced major inconvenience on Monday evening after a technical fault in a train at Cubbon Park Metro Station disrupted services on Namma Metro's Purple Line during peak hours. According to Bengaluru Metro Rail Corporation Limited (BMRCL), a technical snag developed in one of the trains stationed at Cubbon Park Metro Station at around 6.32 pm. Passengers remained stranded inside the stationary train for some time before the loco pilot manually opened the doors and allowed them to disembark.

The disruption triggered heavy crowding and long queues at several stations across the Purple Line network. During the evening rush many passengers could not enter stations and turned to alternative transport options. Several commuters turned to app-based cab services, resulting in a surge in fares. One passenger said he was quoted ₹250 for a cab ride from Vidhana Soudha to Mysore Bank a distance typically covered in a few minutes by Metro.

In an initial statement BMRCL said train operations on the Purple Line faced restrictions between Magadi Road and Challaghatta and between MG Road and Whitefield Kadugodi while maintenance teams worked to fix the fault. Later BMRCL said from 8 pm services ran between Indiranagar Whitefield Kadugodi and Magadi Road and Challaghatta as OCC teams restored normal operations. BMRCL officials said they prioritised restoring services as passenger safety remained the key concern, and advised commuters to check updates before travel. The corporation also deployed additional staff at major stations to manage crowds and assist stranded passengers during the disruption across the busy corridor in the evening peak hours. — BMB

Demarcation done, but it is back to square one at Gandhi Bazar

Court mandated colour coding of footpaths raised hopes, but residents allege encroachments reappeared within hours, undermining pedestrian rights

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In what was initially seen as a significant step towards reclaiming pedestrian space in Gandhi Bazar, the Bengaluru Central City Corporation (BCCC) recently began colour-coding footpaths and public spaces following directions from the Karnataka High Court. However, residents allege that within hours of the demarcation exercise, vendors, food trucks and illegally parked vehicles returned to occupy the very spaces earmarked for pedestrians.

The demarcation exercise stems from a petition regarding persistent encroachments in Gandhi Bazaar. During a recent hearing, Justice Suraj Govindaraj directed authorities to clearly mark separate areas for street vendors, pedestrian movement and the frontage of commercial establishments. The court observed that the rights of vendors, pedestrians and traders should not overlap and ordered the authorities to complete the exercise within six weeks. The matter is scheduled for further hearing on July 2.

Residents welcomed the move but say the relief was short-lived. "During the demarcation, vendors and traders vacated the footpath. But not even a day later, many of them returned and occupied the spaces again," alleged Guruprasad R K, Secretary of the Basavanagudi Heritage Residents' Welfare Association. Traffic police had informed vendors and traders that the newly marked sections were meant exclusively for pedestrians, and authorities cleared vehicles parked illegally on footpaths. Yet residents claim that within an hour of enforcement, vehicles once again began occupying pedestrian areas.

BangaloreMirror
Demarcation begins: These paths are made for walking
BCCC begins colour-coding spaces dedicated to vendors, pedestrians and frontage of commercial establishments after court direction to clear over Gandhi Bazaar encroachments

BM had reported on June 20 that the demarcation drive had begun at Gandhi Bazar with separate zones for walkers, vendors and shops

Gandhi Bazar residents demand stronger enforcement against repeated violations

"We want authorities to issue notices to traders who park vehicles on ramps and block pedestrian movement. There is no clear instruction preventing parking in several places, and that loophole is being misused," Guruprasad said. Residents also pointed to a food truck near Karanjee Anjaneya Circle as an example of continued encroachment. They estimate nearly half of the encroachments are by traders, while the rest are by street vendors. "Many of those occupying the footpaths are educated and fully aware of the rules. Yet vehicles continue to be ridden and parked on pedestrian spaces," said a resident. Concerns remain about bollards, with gaps wide enough for motorcycles to enter. Residents insist strict monitoring, stronger enforcement and accountability from civic authorities are essential to protect pedestrian spaces and ensure Gandhi Bazar remains accessible to walkers.

Only 68% PU admission target achieved

Despite intensive door-to-door campaigns by the Education Department, admissions to Karnataka's government PU colleges remain well below expectations. Of the ambitious target of 2.5 lakh students for the 2026-27 academic year, only 1.7 lakh have enrolled so far, leaving an 80,000-student shortfall. Government school graduates account for 99,028 admissions, while 65,852 students have come from private schools. Kodagu (97%) and Mysuru (93%) have emerged as top performers, but Bidar and Chikkaballapur are trailing with enrollment rates of just 13–27%.

Officials attribute the slump to the growing popularity of job-oriented ITI and diploma courses, migration of rural youth to cities for work and education, inadequate infrastructure in government colleges, a shortage of permanent lecturers, and parents' preference for private institutions despite higher costs. With only 68% of the target achieved and traditional Arts, Commerce and Science streams attracting just 63% of SSLC graduates, the department faces an uphill task in filling seats before admissions close. **–BMB**

PU lecturers assigned high school teaching

In a major move to address the shortage of teachers in high schools, the state government has amended recruitment rules to make it mandatory for Pre-University (PU) college lecturers to teach Classes 9 and 10 in government-notified institutions. A special gazette notification proposing amendments to the Karnataka Civil Services (Pre-University Education) Recruitment Rules, 2013, has been issued, allowing seven days for objections. The decision is expected to affect thousands of lecturers appointed through direct recruitment and promotions.

The move has drawn strong opposition from the Karnataka State Pre-University College Lecturers' Association, which alleges that the decision was taken without consulting education experts or lecturer representatives. The association said lecturers' workload has already increased from 16 to 20 hours a week and that extending their responsibilities to high school classes will add pressure and blur academic distinctions. The proposal comes as the government plans to convert 1,100 schools into Karnataka Public Schools from 2026-27, where high school and PU classes will function on the same campus. **–BMB**

Scout 2.0 opens global doors

Chief Minister DK Shivakumar on Monday launched SCOUT-2.0 (Scholars for Outstanding Undergraduate Talent) at Vidhana Soudha. A joint initiative of the Karnataka Higher Education Department and the British Council, the programme will enable 30 meritorious undergraduate students from across Karnataka to visit the United Kingdom from June 27 to July 11 for academic, cultural and leadership exposure. Speaking at the launch, Shivakumar said the initiative aims to nurture young talent, broaden global perspectives and equip students with skills needed to thrive in a rapidly changing world. **–BMB**

Karnataka schools turn page on rote learning

Iiny In a bid to make learning more engaging and student-friendly, the Karnataka Textbook Society has introduced new names for school textbooks across subjects. Under the revamp, the science textbook has been renamed Kutuhala (Curiosity), Kannada as Siri Kannada, Mathematics as Ganita Prakasha, and Physical Education as Moulya Shikshana. The English-medium science textbook will be called Curiosity.

The initiative aligns with the National Education Policy (NEP) 2020 and the National Curriculum Framework (NCF) 2023, with a stronger focus on inquiry-based learning, critical thinking, and exploration rather than rote memorisation.

The redesigned textbooks feature colourful layouts, visual-rich content, experiments, discussions, projects, and activity-based learning modules. Students are encouraged to conduct simple experiments, record observations, and express their views through dedicated spaces in books. New sections such as "What Do You Think?", "Safety First", "Be a Scientist", and "Our Scientific Heritage" have also been introduced. Currently rolled out for Classes 6 to 8, the revamped textbooks have received positive feedback from educators. **–BMB**

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SCAN QR TO APPLY

10-day window for citizens to respond not enough

CONTINUED FROM PAGE 1

In its communication to the GBA, BMRCL stated that the Government of India has approved Corridor-2 of the Phase-3 Metro project from Hosahalli to Kadabagere along Magadi Road. The Karnataka government has also approved preliminary activities such as land acquisition, utility relocation, and tree removal.

"In the location mentioned above between Hosahalli and Kadabagere stations, it is found that 3,699 trees are infringing. These trees are essential to be pruned/transplanted/ removed for carrying out double-decker construction activities and road widening works," BMRCL stated in its application.

However, environmentalists have opposed granting permission for the large-scale removal of trees at a stage when project planning and public consultations are not yet underway.

They have also questioned the 10-day window for citizens to submit objections, comments, and suggestions, arguing that it is inadequate for a proposal involving thousands of trees.

"Citizens can't file meaningful objections or suggestions concerning 3,627 trees in just 10 days. The period for feedback should be extended to at least one month when the notice is republished," said Dattatreya Devare, trustee of Bangalore Environment Trust.

Devare also called for a comprehensive public consultation process and urged authorities to make the Detailed Project Report (DPR) public.

"Public consultation must take place in the interest of the city and its citizens, especially when the project could result in the loss of precious green cover and further impact Bengaluru's already stressed environment and biodiversity," he said.

Tree activists stressed that protecting mature trees should be a key consideration in infrastructure planning.

"These trees provide irreplaceable environmental benefits that cannot be replicated quickly through compensatory plantations. BMRCL must ensure complete transparency regarding compensatory afforestation for both past and ongoing projects, including plantation locations, survival rates, and monitoring efforts.

Accountability is essential to ensure that environmental commitments translate into lasting green cover," said Vinod Jacob, urban strategist and environmentalist.

Bengaluru's total crime rate is double that of Delhi

CONTINUED FROM PAGE 1

Urban sociologists say Bengaluru's transformation into a 24/7 economic city has not matched with proportional investment in public safety infrastructure. "The city's workforce patterns have changed dramatically with late-night shifts, app-based mobility and increased migration. But policing, lighting, public transport connectivity and gender-sensitive urban planning have not evolved at the same pace," an urban policy expert said.

Women's rights activists also point out that many incidents continue to go unreported despite rising awareness. "What is visible in NCRB data is only one layer of the crisis. Many women still avoid filing complaints due to fear of stigma, harassment or prolonged legal procedures. The real challenge is creating an ecosystem where women feel safe both physically and institutionally," a gender rights activist said.

Kamala Shetty, a women's rights activist, said, "The numbers are particularly important because Bengaluru is often projected as India's startup and technology capital, attracting lakhs of students, professionals and migrant workers every year. However, recurring incidents of harassment in public spaces, isolated roads, paying guest accommodations and transport corridors continue to raise concerns about the city's preparedness to ensure women's safety."

Police officials highlighted that measures such as increased patrolling, the Safe City project, CCTV expansion and women's helplines are already in place.

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I, SUJITH HALLUR s/o Sadanand Hallur, residing at Flat No 211, S S Swadhama Apartment, Ullal Main Road, Opp. Kodagu Samaja Kalyana Mantapa, 5th Block Vishweshwaraiah Layout, Ullalu, Bengaluru, Karnataka – 560110 hereby SUJITH HALLUR and SUJITH S HALLUR appearing in different documents refer to one and the same person vide affidavit dated 18/06/2026 sworn before notary, H G Venkataramu Bangalore

I, Tina Kumari Ashok Kumar (Old Name), W/o Sri. Amit K. Jain, aged about 37 years, residing at No.35, Janta Nivas, 2nd Cross, Surveyor Street, Near Butter Spounge Bakery, Basavanagudi, Bengaluru South, Bengaluru - 04, have changed my name to read as TINA KUMARI (New Name) vide affidavit dated 10.06.2026 sworn before Notary B. Chitra.

I, Venkataswaran Murukesan, Aged 52 yrs, R/o. #129, 20th Main, 5th Cross, Opp. Varasiddi Vinayaka Temple, MICO L/o, Hongasandra, Blr-560068, have changed my name to SENTHIL KUMAR MURUKESAN PILLAI vide affidavit Dt: 22/06/26 before Notary M. Rajendra, Blr.

I, ABDUL MALICK (Old Name) resident of No.1/39, 9th Cross, Someshwara Nagar Near Jaaz Play Home, Jayanagar 1st Block, Bengaluru-560011, have changed my name to ABDUL MALIK (New Name) vide affidavit dated: 22/6/2026 Before Notary Deepa.M Bangalore.

I, MOKTIYAR ALAM S/o Mohammed Saoud resident at No. 153, Sindhya Nagar, Muslims Block, Harohalli, Kanakapura-562112 have changed my name to MUQTAR AHMED (New Name) vide affidavit dated: 17/6/2026 Before Notary Deepa.M Bangalore.

I, RAHAMATTI BEGUM W/o Muqtar Ahmed resident at No. 153, Sindhya Nagar, Muslims Block, Harohalli, Kanakapura, -562112 have changed my name to RAHMATHI BEGUM vide affidavit dated: 17/6/2026 Before Notary Deepa.M Bangalore.

I ,Kavya Venugopal Reddy C/O Madhukar G N ,Villa 63 Nambiar Ellegenza, 3rd Cross, Opposite Sapallama Temple, Gopasandra, PO:Muthanallur, DIST:Bengalur,Karnataka, 560099, have changed my name to Kavya Venugopal

I Harish.M.S R/o Hari Nivas, 1st cross, shivananda kaloni, Arsikere,Hassan 573103 karnataka have changed my name to Hareesh.M.S for all purposes.

I KALIM AHMED MALABAR R/@ No 165 Old Post Office Road Soraba Shivamogga 577429 has changed my name to KALIM AHAMED for all purposes

I SWATI KEDIA, W/o DEVESH AGARWAL R/o D1-063, SNN Raj Etternia, Silver County Road, Sai Meadows, Bengaluru-560068 Shall Be Known as SWATI K KEDIA for all Purpose

I Yasa Ur Rehman, S/o Fazlur Rehman R/o H.No: 243, Opp Delhi Public School Gate 4, Konanakunte, Bengaluru Shall Be Known as Yasa Fazlur Rehman for all Purpose.

I, Sathyanarayan Rao, s/o Ranoji Rao #70, Nisarga marg, Pramod lyt, Nandi nagar, Nayandahalli, Bangalore-560039 have changed my name to R Sathyanarayana rao

I SHAIK KHADER VALLI R/@ S-1-g-45 Saidapeta Madanapalle Chittoor 517325 has changed my name to SHAIK KHADAR VALLI for all purposes

I, MULLA DILSHAD BEGUM, W/o SHANAWAZ, R/o No. 84, Ground Floor and 1st Floor, Flour Mill Road Ashwathnagar, Near Anjaneya Temple, Bengaluru North, Bengaluru, Karnataka – 560094, have changed my name to DILSHAD.

I, Abdul Rasheed Abdul Hameed S/o Abdul Rasheed R/o No. 8, Shaikh Nath Lane, Payappa Lane, Shivaji Nagar, HKP Road, Bengaluru 560051 have changed my name as ABDUL HAMEED

I Tony Jose Thundiyil, S/o, Jose Joseph, Residing at, B307, Sbb Sapphire, Victorian View Lyt,Borewell Road,Nallur - ahalli, Whitefield, Bengaluru 560066, have changed my name to Tony Jose for all purposes

I, Mukta Hari Ghosh, S/o Late K.R. Ghosh, have changed my name from GHOSH M H to MUKTA HARI GHOSH for all legal purposes

I, Muntaha R/o No 84 9th Cross Haadi Masjid Devasandra Bangalore 560036 Have Changed My Name to Muntaha Asif for All Purposes

LOST & FOUND

I, K Rahul, S/o M Kannan, R/o #30, Near Rama Temple,Shan - thipura, Electronic City phase - 2, Bangalore-560100 have lost my Original 10th marksheet with Document No-TW 30038387, Roll No-1244523/018, Unique No-8118118 which was issued in year-2024. if found Please contact on 9880173280.

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HEALTH TIP: Regularise scalp massages for improving blood circulation and promoting stronger, healthier hair over time.

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LIFT WEIGHTS, LIVE LONGER

Researchers identify weekly strength-training sweet spot for improved health outcomes

Strength training has long been seen as something you mainly do to build muscle or look good. But a new study adds to growing evidence that lifting weights does far more than change how we look. It may help us live longer — even if we do not spend hours each day in the gym.

The study drew on three long-running US studies that followed nearly 150,000 nurses and other health professionals for up to 30 years.

Every couple of years, participants reported how much time they spent on strength training and aerobic exercise such as walking, cycling and swimming. Over three decades, almost 36,000 of them died, allowing researchers to examine how muscle-strengthening activity related to the risk of dying early.

They found a clear sweet spot. People who did around 90 to 120 minutes of strength training a week — roughly an hour and a half to two hours — had about a 13% lower risk of dying from any cause than those who did none.

The benefit of strength training was strongest for two of our biggest killers: a 19% lower risk of dying from cardiovascular disease, including heart disease and stroke, and a 27% lower risk of dying from neurological conditions, mainly dementia.

Interestingly, more was not necessarily better. Beyond about two hours of weightlifting a week, risk did not fall any further.

The lowest risk of all appeared among people who paired strength training with regular aerobic exercise. Doing at least the recommended amount of moderate aerobic activity — around 150 minutes a week — was linked to a 26% to 43% lower risk of death. Combining that with one to two hours of strength training reduced risk by around 45%.

There was one exception. For cancer deaths, only smaller amounts of strength training, under an hour a week, were linked to lower risk.

Muscle and mortality

So why would weightlifting help us live longer? The answer lies in muscle — and what muscle actually does beyond helping us move.

Muscle, specifically the skeletal muscle built through resistance training, is one of the body's most metabolically active tissues.

After a meal, it is where most of the sugar, or glucose, is sent in our blood. Insulin, the hormone released when we eat, signals muscle to absorb glucose from the bloodstream. Muscle clears around 80% of it, either burning it for energy or storing it as glycogen, a ready fuel reserve, rather than allowing it to circulate or be stored as fat.

Keeping muscle strong and plentiful therefore helps the body manage blood sugar and protects against type 2 diabetes, itself a major driver of heart disease and early death.

The muscle is also an organ. When muscles contract, they release hormone-like messengers called myokines into the bloodstream. These help dampen the chronic, low-grade inflammation that underlies heart disease, diabetes, and many cancers.

The heart and circulatory system benefit too. Over time, regular resistance training can help lower blood pressure and keep arteries flexible rather than stiff, protecting against cardiovascular disease.

Strength itself is also a remarkably good barometer of health. Grip strength — how hard you can squeeze with your hand — is widely used as an indicator of whole-body strength. In one large international study, grip strength predicted the risk of dying earlier than blood pressure.

Stronger muscles also mean fewer falls and fractures, greater independence in later life and less frailty as we age — all factors that shape how long, and how well, we live.

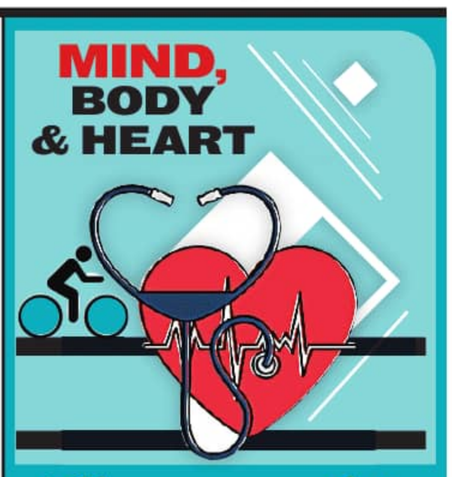
The link between strength training and brain health is newer and less certain, but plausible. Resistance training appears to drive beneficial changes in the brain. The same improvements in blood sugar control and blood vessel health that protect the heart are also linked to a lower risk of dementia. That may help explain the 27% drop in deaths from neurological disease found in the study.

It is worth being clear about what this study can and cannot tell us. It was observational, so although it shows a strong link between strength training and a longer life, it cannot prove that one directly causes the other.

People who lift weights may be healthier in other ways, although researchers adjusted for many factors, including diet, smoking and aerobic activity. Strength training was also self-reported, and the study could not capture how intensely people trained.

The encouraging message is that the amount linked to a longer life is genuinely achievable. You do not need a gym membership or a heavy barbell. Two short sessions a week that work for all the major muscle groups, alongside some aerobic exercise each day, appear to be enough to improve overall health and longevity.

By Jack McNamara, Senior Lecturer in Clinical Exercise Physiology, University of East London, The Conversation



All you need to know about...

Step smarter

Working from home often means spending long hours sitting in one spot, with meetings, deadlines, and screens taking up most of the day. While finding time for movement may seem difficult, small changes can help add more steps without disrupting your routine.

Morning walk first
Wake up a little earlier and start your day with a brisk walk instead of reaching for coffee. A 15-minute walk around your neighbourhood or terrace can improve mood, boost energy, and prepare your mind for the day ahead.

Hourly movement breaks
If your job keeps you at a desk, take a five-minute walk every hour. Over an eight-hour workday, this adds up to 40 minutes of movement while helping reduce strain on your back and improving focus.

Walk during calls
Not every phone call requires sitting at a desk. Walk around your home, compound, or outdoors when possible. It is an easy way to increase your step count without affecting work.

Rethink work habits
Alternate between sitting and standing while working. You can also walk during conference calls or recorded lectures. Walking while brainstorming, planning tasks, or solving problems may improve creativity and add extra steps.

Household step boosters
Turn daily chores into opportunities for movement. Organising your space, watering plants, tidying rooms, or taking quick cleaning breaks all contribute to your step count. Keeping essentials such as water bottles or chargers farther from your desk can also encourage more movement.

Keep moving daily
Take a short walk after lunch, move during free time, and set reminders every one or two hours to stand, walk, or stretch. Small movements throughout the day can make a significant difference. **–Femina**

MIRRORLIGHTS

Heat stress worsens for billions worldwide

An additional one billion people now face at least one day of extreme heat stress compared with the 1970s, highlighting an increase in the frequency, severity and duration of heat stress worldwide, a study has found.

Researchers from the European Centre for Medium-Range Weather Forecasts in the UK and Germany suggested that heat-health action plans, early-warning systems, urban cooling interventions and the integration of heat stress metrics into climate risk assessments may help reduce vulnerability.

Heat stress -- the net heat load on an individual -- is influenced by temperature, humidity, wind and radiation. It can be assessed using the Universal Thermal Climate Index (UTCI), or a 'feels-like' temperature, which measures external factors and models the human body's response to the environment.

"In the 1970s, 55 per cent of the global population experienced at least 90 days of strong heat stress annually; this has risen to 70 per cent in our current climate. Exposure to at least one day of extreme heat stress has grown from 16 per cent to 22 per cent; accounting also for the increase in population. This represents an additional one billion people," the authors wrote.

The analysis found that the ten warmest nights of each year have warmed faster than the ten warmest days. Researchers also found that extreme feels-like temperatures are now more frequent on every continent. Subtropical regions now experience up to 50 additional days each year with strong to extreme heat stress compared with the 1970s. **—PTI**

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SOLVE IT IN A MINUTE

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Kakuro

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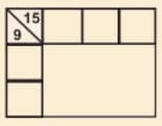

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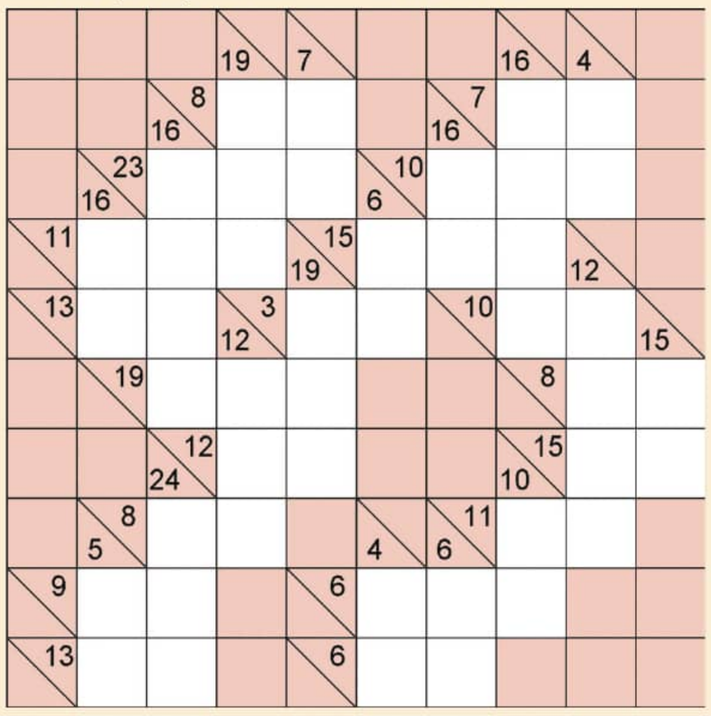

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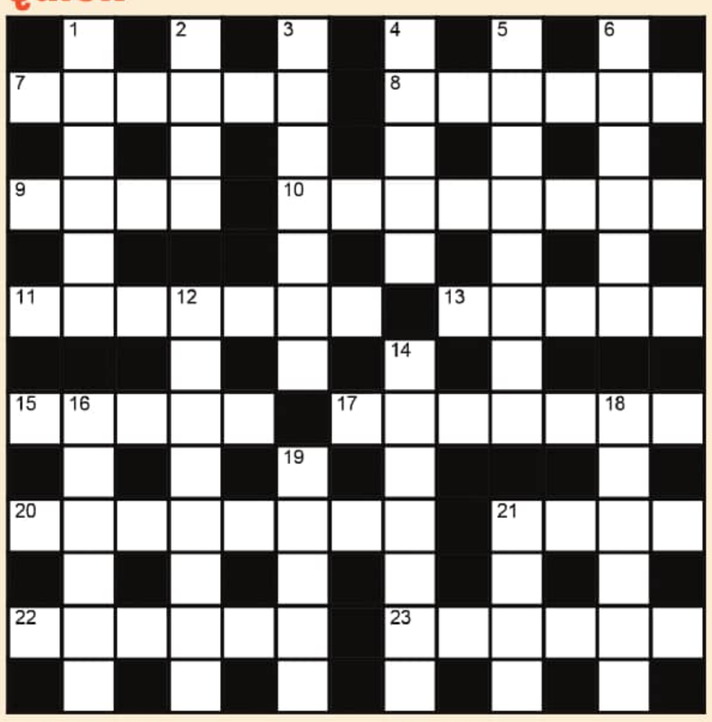


ACROSS

7 Cut off or severed (6)
8 Public speaker (6)
9 Wild goat (4)
10 Setting right, correcting (8)
11 Entertained (7)
13 Basil-based sauce (5)
15 The third month (5)
17 Scholastic instruction (7)
20 Tourist destination famous for white water rafting (8)
21 Course (4)
22 Tension (6)
23 Winner (6)

DOWN

1 Idiosyncrasy (6)
2 Summit (4)
3 Sticks fast (7)
4 Moderated or tempered? (5)
5 Alopecia (8)
6 Woman's hat (6)
12 Took or received (8)
14 Be owed (7)
16 Rouses to vigilance (6)
18 Idea, concept (6)
19 Hang in suspense (5)
21 Tempo (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: O EQUALS D

BJRD SDJSPD OJA'I PMND HVYAWD, TGI UJG ADDO IJ DRTZYHD HVYAWD MC IVD YPIDZAYIMED MB OMBYBIDZ.

Linemaro

Do you have a map? I keep getting lost in your eyes

Mindchow

We don't see things as they are, we see things as we are

Joke of the day

I'm afraid that fulfilling my potential would really cut into my sitting around time

Loop

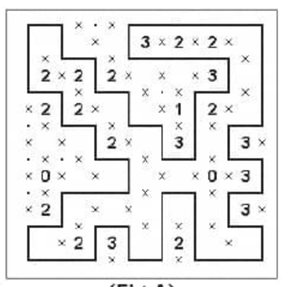
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

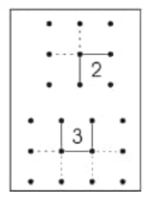
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

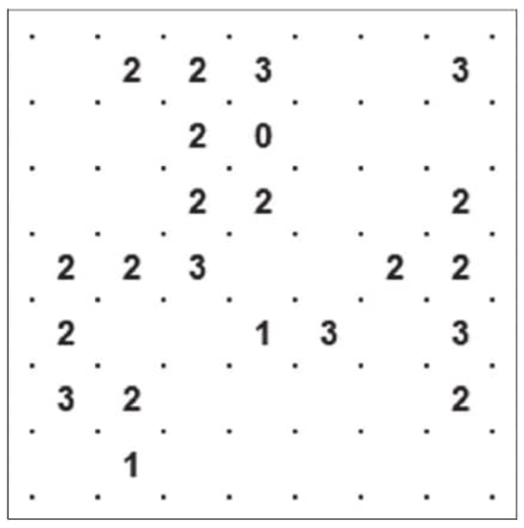
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



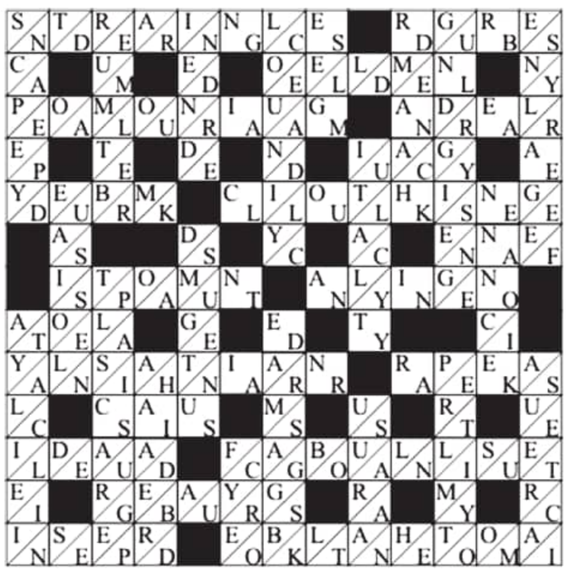
(Fig A)



(Fig B) Not Allowed



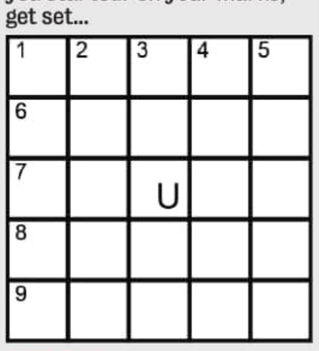
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

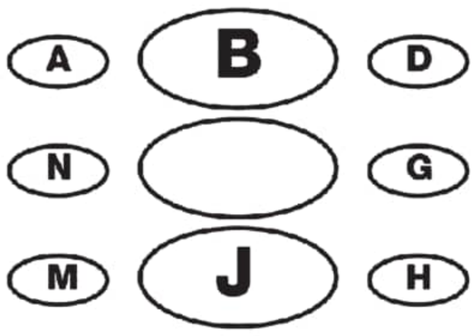
1 Grate; 6 Booes;
7 Tours; 8 Rouge;
9 KS ESP

DOWN

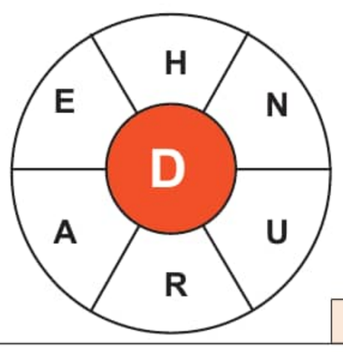
1 R sort; 2 OK OBE (1-4);
3 Rogue; 4 Up Get;
5 SS Sea

Mensapuzzle

Which letter goes in the centre?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

15 Average; 17 Good; 19 Outstanding

SudokuChallenge

9		1		8		5		3
	5						8	
7								9
5			6	2	8			1
	4	8				9	2	
2			4	3	9			5
4								7
	7						9	
8		5		6		1		2

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

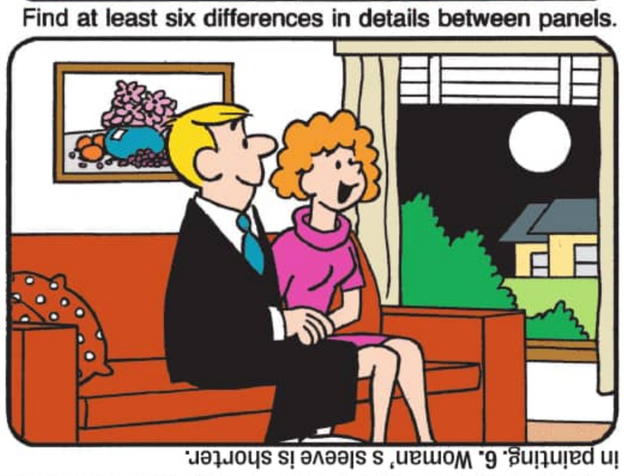
Easy = 10
2 3 3 8

Medium = 16
1 3 6 7

Hard = 2
2 3 5 8

Hocusfocus

Find at least six differences in details between panels.



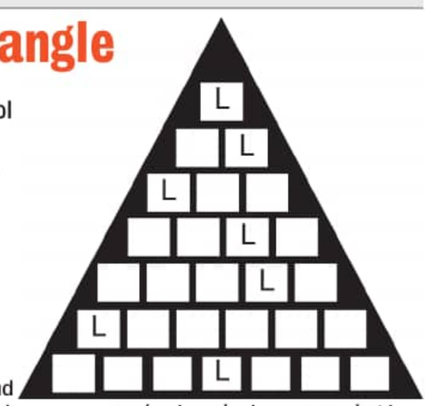
Differences: 1. Leg is moved. 2. Woman's hair is shorter. 3. Roof is smaller. 4. Sofa is wider. 5. There are fewer flowers in painting. 6. Woman's sleeve is shorter.

Riddler

What do these four words have in common?
Commando, Figure, Forward, Rogue

Alpha triangle

1 The 12th letter
2 Aluminium symbol
3 _ away, hold for future purchase
4 Lock maven
5 Premature
6 Strata
7 Negotiates

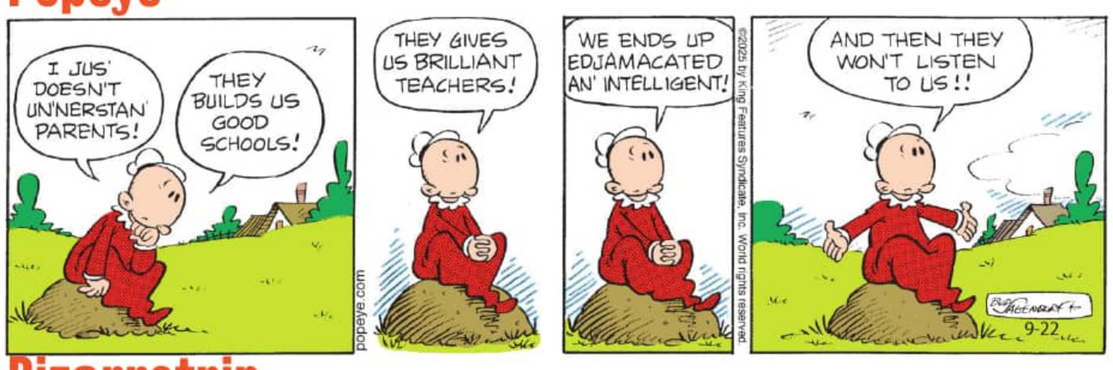


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS

Popeye


I JUS' DOESN'T UN'NERSTAN' PARENTS!
THEY BUILDS US GOOD SCHOOLS!
THEY GIVES US BRILLIANT TEACHERS!
WE ENDS UP EDJAMACATED AN' INTELLIGENT!
AND THEN THEY WON'T LISTEN TO US!!
9-22
popeye.com
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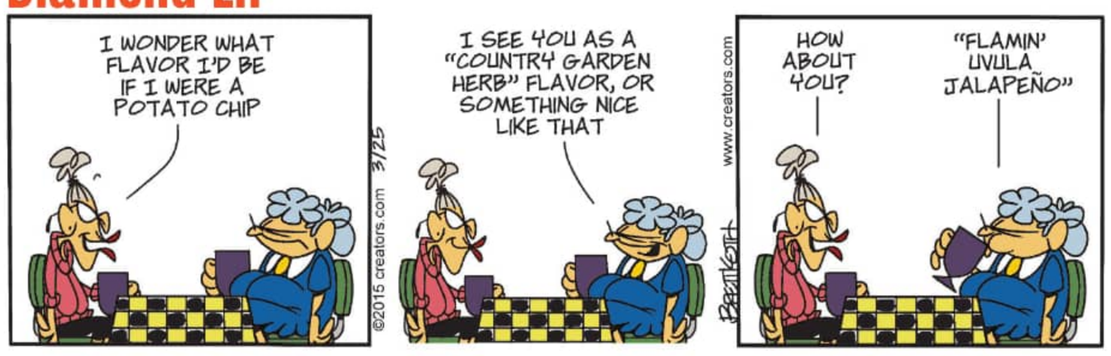
Bizarrotrip

Wayno & Piraro 3-13-26
Remember, son, with great mediocrity and inherited wealth comes an unshakable sense of infallibility.
Dist. by King Features © 2026 Bizarro Studios
BIZARRO.COM

Diamond Lil


I WONDER WHAT FLAVOR I'D BE IF I WERE A POTATO CHIP
I SEE YOU AS A "COUNTRY GARDEN HERB" FLAVOR, OR SOMETHING NICE LIKE THAT
HOW ABOUT YOU?
"FLAMIN' UVULA JALAPEÑO"
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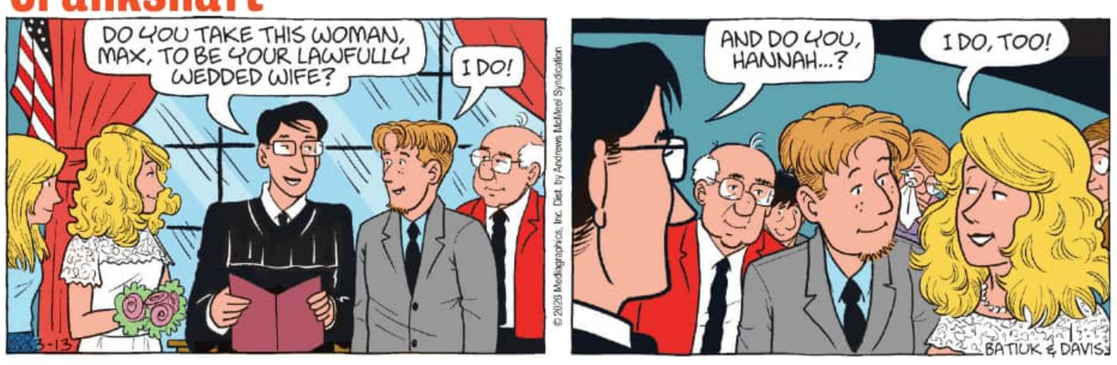
www.creators.com
Bartkiewicz

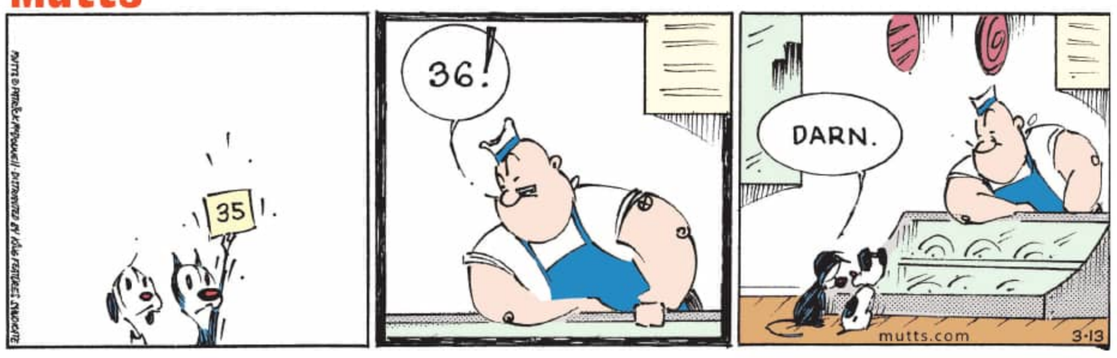
Hart of the city

YAWN!
EXTRA SLEEPY TODAY, HEART?
YEAH, I WAS UP LATE DOING HOMEWORK. I SPENT TOO MUCH TIME HELPING TOBY WITH HIS.
SPEAKING OF TOBY... I DON'T THINK YOU SHOULD HELP HIM WITH HIS HOMEWORK ANYMORE.
AW, BRENT, YOU'RE JUST JEALOUS CUZ YOU HAVE A CRUSH ON ME.
THAT'S NOT TRUE!
YOU DON'T HAVE A CRUSH ON ME ANYMORE?
OH, NO, THAT PART IS STILL TRUE.
HEART OF THE CITY © 2026 ANDREWS MCMEEL
GOCOMICS.COM/HEARTOFTHECITY

Crankshaft

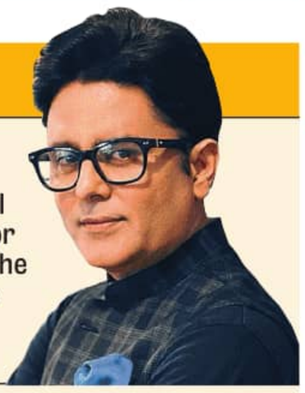

DO YOU TAKE THIS WOMAN, MAX, TO BE YOUR LAWFULLY WEDDED WIFE?
I DO!
AND DO YOU, HANNAH...?
I DO, TOO!
© 2026 Mediagraphics, Inc. Dist. by Andrews McMeel Syndication
BATIUK & DAVIS

Mutts



WRITTEN IN THE STARS

DR SUNDEEP KOCHAR



If it's your birthday today

Your career gains massive momentum as an influential figure takes a personal interest in your talent. Financially, luck is on your side, making it a great day for calculated risks. Love is harmonious, with mutual goals aligning perfectly for the future. Keep your physical body energized by incorporating short, brisk walks into your hectic afternoon schedule.

Aries Mar 21 – Apr 20

Opposition and disagreements may surround you today, though staying focused prevents unnecessary setbacks. Ignore distractions created by others and continue moving confidently forward. Trusting yourself completely helps maintain progress, clarity, and emotional stability throughout challenges.

Taurus Apr 21 – May 20

Unexpected complications may interrupt your plans today, creating confusion or frustration temporarily. Instead of panicking, pause calmly and think clearly. Meditation, patience, and practical thinking help you navigate situations successfully without unnecessary emotional overwhelm today.

Gemini May 21 – Jun 21

Flexibility becomes your greatest strength today as unfamiliar tasks test your adaptability and confidence. Accept responsibilities willingly instead of resisting change. Remaining open-minded helps you impress others while discovering new abilities and valuable personal growth.

Cancer Jun 22 – July 23

Attention to detail becomes extremely important today within both personal and professional situations. Small things being overlooked could negatively affect your progress. Observing carefully helps you recognize obstacles early while protecting your goals and relationships.

Leo Jul 24 – Aug 23

Others around you may seem stressed or emotionally overwhelmed today, though understanding their feelings feels difficult currently. Instead of forcing involvement, focus peacefully on your own priorities and allow people space to handle themselves.

Virgo Aug 24 – Sep 23

Respecting emotional boundaries becomes especially important today, particularly with loved ones needing personal space. Avoid taking distance personally or reacting emotionally. Understanding different comfort levels strengthens relationships while creating healthier, more balanced emotional connections naturally.

Libra Sep 24 – Oct 22

Strong emotions may feel overwhelming today after suppressing your feelings for too long. Instead of directing frustration toward people, release tension physically through movement, sports, dancing, or creative expression to restore emotional balance peacefully.

Scorpio Oct 23 – Nov 22

Nostalgic memories inspire you to reconnect with old friends and meaningful relationships today. Organizing a reunion or heartfelt conversation restores warmth beautifully. Reviving forgotten connections helps strengthen emotional support systems and cherished lifelong friendships again.

Sagittarius Nov 23 – Dec 22

New people may enter your life today, though socializing could feel emotionally exhausting currently. Decline invitations kindly instead of reacting irritably. Gentle honesty protects your reputation while maintaining respectful interactions and healthier personal boundaries naturally.

Capricorn Dec 23 – Jan 20

Low energy levels encourage rest and recovery instead of pushing yourself excessively today. Your body needs relaxation more than productivity currently. Slowing down intentionally helps restore balance, protect wellbeing, and prevent unnecessary physical or emotional exhaustion.

Aquarius Jan 21 – Feb 19

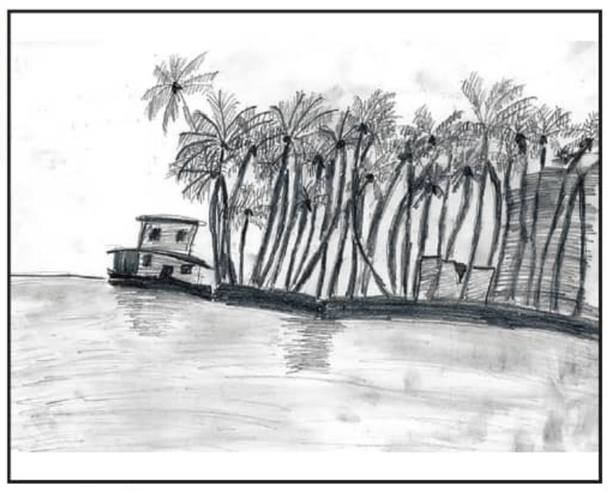
Channeling your determination aggressively toward meaningful goals creates impressive results today. Trying unconventional approaches helps responsibilities feel exciting rather than repetitive. Focus your energy productively, stay confident, and trust your abilities to accomplish everything successfully today.

Pisces Feb 20 – Mar 20

Confidence rises beautifully today, helping confusion disappear while clarity replaces uncertainty naturally. You finally recognize opportunities and answers already surrounding you. Trust yourself fully, move forward boldly, and embrace the direction unfolding ahead confidently today.

www.sundeepkochar.com

KIDZONE



Ananya, Bengaluru

Anas Roshan, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M

6 + [(−1) ·4] ÷ 2]
6 + (− 4 ÷ 2)
6 + (− 2) = 4

RIDDLER

They are all the ending of the phrase GO ____.

STRIKE OUT

S	T	R	A	N	G	L	E		R	U	B	B	E	
A		U		E		O	L	D	E	N		A	R	
P	O	L	O	N	I	U	M		A	D	A	R		N
P		E		E		D		I	C	Y		A		
Y	E	R	K		C	L	O	T	H	I	N	G		
		A		D		Y		A		N	A	E		
	S	P	O	U	T		A	L	I	G	N			
T	E	A		E		D		Y		C				
A	L	S	A	T	I	A	N		A	P	E	S		
L		S	I	S		M		S		R		U		
L	E	A	D		F	A	B	U	L	I	S	T		
I		G	E	A	R	S		R		M		R		
N	E	E	D		O	K	L	A	H	O	M	A		

FAST FIVE

T	E	R	G	A
O	B	O	E	S
R	O	U	T	S
R	O	G	U	E
S	K	E	P	S

BULL'S EYE

dare, darn, dean, dear, dune, hand, hard, harden, head, heard, herd, hued, hued, nude, read, rend, rude, under, UNHEARD, unread

QUICK

MENSA PUZZLE

P. Starting top left and moving clockwise to end in the centre, the letters increment by a repeating sequence of 1, 2 and 3 places.

QUOTE UNCODE

Some people don't like change, but you need to embrace change if the alternative is disaster.

SUDOKU

9	2	1	7	8	4	5	6	3
6	5	3	2	9	1	7	8	4
7	8	4	3	5	6	2	1	9
5	9	7	6	2	8	4	3	1
3	4	8	1	7	5	9	2	6
2	1	6	4	3	9	8	7	5
4	6	9	8	1	2	3	5	7
1	7	2	5	4	3	6	9	8
8	3	5	9	6	7	1	4	2

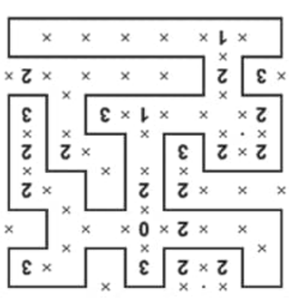
ALPHA TRIANGLE

L, Al, Lay, Yale, Early, Layers, Parleys.

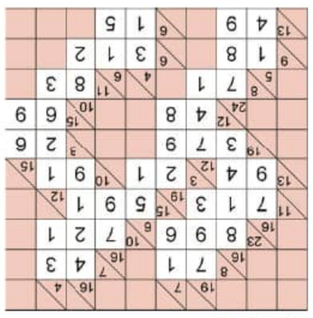
GO FIGURE

2 − 3 + 3 + 8 = 10
Medium
3 x 7 + 1 − 6 = 16
Hard
2 − 3 − 5 + 8 = 2

LOOP



KAKURO



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Dia's bold sabbatical

Dia Mirza is celebrated not only for her work in cinema but also for her commitment to environmental causes and social impact initiatives. However, there was a time when the actor found herself overwhelmed by the pressures that came with sudden fame. Long before earning praise for projects such as 'Kaafir' and 'Sanju', Dia made a life-changing decision to step away from the spotlight and reconnect with herself.

In a recent conversation with Malini Aggarwal, Dia revealed that an early-career existential crisis prompted her to take a two-year break from films. "I went into an existential crisis very early in my career," she said. "I was like, 'Oh my God, what am I to make of myself? And am I really that bad? How can I get better?'"

Reflecting on the industry's isolating nature, she said, "In the entertainment world, you're incubated so much. You're isolated so much. So when do you really interact with reality?" During her break, Dia travelled across India, worked with environmental groups and found peace in nature. "I took the deepest breath I had taken in many years," she recalled. The actor later returned with renewed confidence, expanded into production and went on to deliver some acclaimed performances of her career.

-ETimes

Tamannah goes for glamour

Actor rejects item-song label, celebrates artistry behind popular chartbusters

Tamannaah Bhatia has successfully made a space for herself across cinema in various languages and is now a Pan-India star. She is also known for her dance numbers, which have topped popularity charts. In a recent interview, she opened up about why she chooses to do these tracks and why she prefers not to call them "item songs". Her comments come amid discussions on the objectification of women in cinema following criticism over the portrayal of Janhvi Kapoor in Peddi.

Reflecting on some of Indian cinema's most iconic dance numbers, Tamannaah praised Kareena Kapoor and Katrina Kaif for their memorable performances. She told Forbes, "Like when I see Kareena or Katrina do songs in a film... You might not remember those movies, but you will always remember a 'Chammak Challo', 'Shiela Ki Jawani' or 'Kamli'. You remember these songs that these wonderful women have done. They look like goddesses; they move like goddesses. They are just beauty personified. They are graceful and they really celebrate themselves."

Tamannaah said she has never viewed such songs as "items" but as party tracks that transcend films. "I have seen everyone, from elderly uncles to grandmoms to kids to everyone just dancing on them. It's a party number, it's a dance number. So, for me, that's how I look at this space. I don't look at it like an item because I feel these eventually become party songs."

Speaking about glamour, she said, "For me, glamour is very innate. I wake up wanting to feel glamorous." She added that she approaches every song as a character performance, citing Aaj Ki Raat from Stree 2 and Ghafoor from The Ba***ds of Bollywood. Tamannaah also noted that commercial southern cinema often comes with a specific gaze and expectations, while Bollywood allows actors greater freedom to define their careers. Actors balancing performance roles with commercial entertainers sustain careers longer.

-ETimes

Focusing on family

Anne Hathaway is preparing to welcome her third child while maintaining her focus on family and professional endeavours. The 43-year-old actress, who is expecting her third baby with husband Adam Shulman, announced the pregnancy on Instagram on June 19, sharing a video that revealed her growing baby bump as the song "Baby I'm Yours" by Barbara Lewis played in the background.

In the video, Hathaway appeared in a flowing white dress. She initially walked into the frame with her arms positioned in front of her stomach before lowering them to reveal her pregnancy. Smiling with visible joy, she embraced her belly and exited the frame. "x Baby, I'm yours x," she captioned the post.

According to PEOPLE, Hathaway remains focused on her family and the upcoming addition to her household. She and Shulman are already parents to Jonathan, 10, and Jack, 6, and are now expecting their third son.

"She's grateful for where she is in her career and for the opportunity to be part of a film that means so much to so many people," the report said. "Complaining just isn't Anne. She approaches things with gratitude and professionalism, and that's exactly how she handled the press tour."

"Right now, she's focused on family and enjoying a little downtime," it added.

-Etimes

Riteish hits back

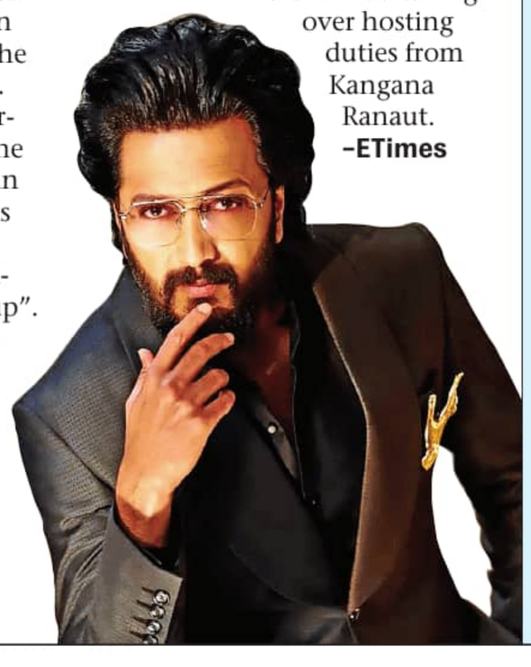
Actor Riteish Deshmukh found himself in an uncomfortable situation during the launch event of Netflix's reality show 'Lock Upp: Sach Ya Sazaa'. The actor, who will host the new season alongside filmmaker Farah Khan, reacted strongly after a reporter brought up his close friends Salman Khan and Sanjay Dutt while referring to their past legal issues.

The incident took place on Monday in Mumbai during the unveiling of the reality series. During the interaction, a journalist asked Riteish whether he would like to see Salman Khan and Sanjay Dutt participate as contestants, remarking that both had considerable experience of being inside a "lock up".

Visibly displeased, Riteish declined to engage with the question. He said, "Sabse pehle mujhe nahin lagta hai ki aapke sawal ka jawab deke main usko koi dignity dena chahunga (First of all, I don't think I'd like to dignify your question by answering it)."

When asked again, he clarified, "I'll not bring them as my duty is to host. And as a host, I don't know about the inmates that would appear on the show. Jo bhi guests aate hai Lock Upp mein, unse hum baat karte hai."

The upcoming season marks a change in leadership for the reality show, with Riteish and Farah Khan taking over hosting duties from Kangana Ranaut.



-ETimes

SANDALWOOD SHOTS
Y MAHESWARA REDDY

Love meets loyalty

Director Shiva Tejas, who handled the megaphone for Kannada movies Male, Dhairyam and Dil Pasand, has come out with a movie that explores the importance of life partners with integrity and loyalty.

Titled Partner, the film belongs to the romantic comedy genre and marks the third collaboration between Ajay Rao and Shiva Tejas. The story focuses on the challenges faced by a prospective groom in finding a suitable bride, as many women reportedly prefer partners with financial stability or lucrative jobs.

The shooting has been completed and the team is currently busy with post-production work. The recently unveiled first look received positive feedback from moviegoers. Brinda Acharya stars opposite Ajay Rao, while Rangayana Raghu plays a key role. Harish Devithandre has produced the film under HPR Enterprises, with music composed by Nakul Abhyankar.

Flirt returns with edits

Chandan Kumar, who made his directorial debut with the Kannada movie Flirt, has been busy preparing to re-release its re-edited version shortly. The film, released last November, earned praise from critics but was withdrawn due to multiple Kannada movies hitting theaters on the same date.

Producer constraints and a shortage of screens forced its removal. Kumar has now trimmed the runtime and arranged for its return, hoping audiences will embrace it this time with greater enthusiasm. Lahari Velu of Lahari Music acquired the audio rights, impressed by the songs. Kumar directed, produced under Everest Films, and played the lead. Kichcha Sudeep sang "Nee Nanna Jeeva" and launched the trailer. The romantic comedy features Nimika Rathnakar, Akshata Bopanna, Avinash, Girish Shivanna, Shruthi, Sadhu Kokila, and Vinay Gowda, with music by Nakul Abhyankar and Jessi Gift.